

Help Fight Hunger

Boston Can Share Food Drive October 17 - December 5, 2005



Thomas M. Menino, Mayor
Mayor's Advisory Commission on Hunger

Boston Can Share is an annual food drive sponsored by Mayor Thomas M. Menino, the Mayor's Advisory Commission on Hunger, Project Bread, the Greater Boston Food Bank, Federal Express, and the United States Postal Service

Donate canned food at City Hall, your local post office, downtown Federal Express/Kinko's locations, or any business participating in the annual Boston Can Share food drive.

Cans will be transported to the Greater Boston Food Bank, where they will be delivered to nearly 100 Boston food pantries, soup kitchens, and meal programs.



Best donations:

Canned vegetables or fruit, Canned fish or chicken, Vegetable or fruit juice, Diced tomatoes/tomato sauce, Soup, Canned beans and peas, Canned chili or stew, Peanut butter
For safety reasons, Can Share cannot accept baby food, infant formula or glass containers.

For more information-or to start a food drive at your place of business—contact:

Boston City Hall, Room 716, Boston, MA 02201

Tel: 617-635-4507 • Fax: 617-635-3450 • Email: laura.spark@cityofboston.gov • www.bostoncanshare.com

Sponsored By:



The Best Foods to Donate:

Soup

Canned tuna fish

Canned chicken

Canned salmon

Canned bean soup

Canned beans and peas

Canned chili or stew

Peanut butter

Canned vegetables

Canned fruit

Vegetable or tomato juice

Diced tomatoes

Tomato sauce

For safety reasons, we cannot accept donated baby food, baby formula or glass containers.

When possible, please donate low sodium foods.

Thanks

Can Share would not be possible without the generous support of Project Bread and the dedication, enthusiasm, and commitment of the staff at the United States Postal Service and Federal Express.

"Through the collaborative efforts of the Boston business community, residents, the non-profit community and city workers, the Boston Can Share Food Drive has grown to represent the generosity and compassion of our city. By donating cans of food, you are directly helping a neighbor in need. Thank you for your generosity."

Thomas M. Menino, Mayor

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Boston Can Share: What is it?

Boston Can Share is an annual food drive sponsored by Mayor Thomas M. Menino, the Mayor's Advisory Committee on Hunger, Federal Express, the Greater Boston Food Bank, Project Bread, and the United States Postal Service.

Now in its 19th year, Can Share organizes Boston residents, City Hall departments, the Boston Public Schools and the business community in an effort to collect food and raise funds for hunger relief.

During the 8 weeks of Can Share, **Boston residents** can drop off canned goods at collection boxes located in post offices, Boston Community Centers and Boston City Hall.

Businesses coordinate company-wide food drives, with food gathered at on-site collection boxes. Can Share providing all of the promotional materials and collection boxes. Companies often match employee food donations with a cash contribution.

Where does the food go?

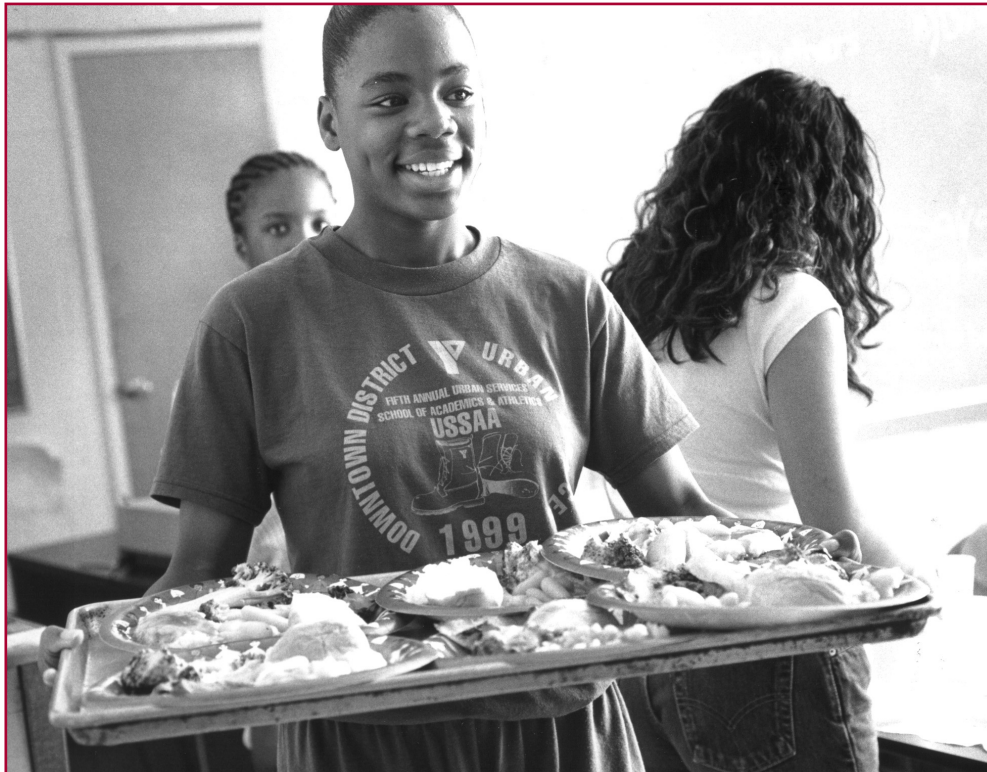
Food is delivered to the **Greater Boston Food Bank**. From there, it is distributed to nearly **100 food pantries**, shelters, and free meal programs in Boston. Cash contributions are used for hunger grants and to buy food items that can't be safely donated, such as baby food, infant formula, and fresh food.

What is the Greater Boston Food Bank?

The Greater Boston Food Bank is New England's largest nonprofit food clearinghouse. The food bank distributes over 23 million pounds of food to over 900 food programs in Eastern Massachusetts. In Boston, GBFB distributes 2.6 million pounds of food annually. That's enough for **over 2 million meals each year!**

Why get involved?

Boston Can Share is a fun and easy way to make a difference. According to the United States Department of Agriculture, over 425,000 Massachusetts families are not able to routinely access enough food. Hunger can be temporary, due to a sudden crisis like unemployment, or long term, affecting elders on fixed incomes and families with low wages. Hunger is most serious in families of very young children, because infants and toddlers who do not get enough to eat face increased illness and possible long-term impairment. Canned goods collected through Can Share replenish the Greater Boston Food Bank's shelves during the critical fall and winter holiday season. Each year, Boston Can Share gathers enough donations to provide the Greater Boston Food bank with one week's worth of food



How do I get involved?

- Buy a few extra cans of food the next time you shop—or take a few cans from your cupboard and drop them off at your **neighborhood post office** or **Boston Community Center**. Or bring your food to any of the following **Federal Express/Kinko's** locations:

415 Summer St.

2 Center Plaza

900 Boylston St.

187 Dartmouth St.

252 Washington St.

10 Post Office Square

60 State St.

- If your business is sponsoring a Can Share food drive, just bring your food to the collection box at your office. At the end of the food drive, Federal Express will come directly to your place of business and pick up all the food you have collected.
- If your business does not have a collection site, call 617-635-4507 and we will send you all the materials you need to start one.
- Make a financial donation ("CANtribution") to Boston Can Share.